

Hip Flexor Strengthening

During hip flexor strengthening it's important to start very SLOWLY, and gradually build up both resistance and volume in order to make sure you do not have a re-occurrence of your injury.

The first day back to strengthening your muscles, you only want to do one or two sets of one or two exercises. The exact plan you should follow will be explained at the end of this article, but first, here are the exercises selected as the best rehab exercises:

Strengthening Exercises

Bicycle Sit-ups

Bicycle Sit-ups are just like normal sit-ups, except that you want to keep your hands behind your head, and alternate bending and bringing your knee up so that it looks like you are riding a bike.

These are great for a re-introduction into **strengthening**, the major muscle group worked in these is the abdominals, but they also lightly use the hip flexors, and when I say that, I mean that it hits almost all of the muscles they are composed of.

Leg Raises

To perform leg raises simply lie flat on your back, keep both legs together, and slowly bring your legs up as far as possible without bending them. Make sure that you are not cheating by using your momentum, stay as controlled as possible in your movement.

This exercise is very intense on your hip flexors and very strenuous overall, this is something you should build-up to, and when you start doing leg raises you may find that you are only able to do a few repetitions with good form.

Resistance Band Work

If you have or can get a resistance band, these are fantastic tools for hip flexor strengthening.

There are two ways we can use a band for **hip flexor strengthening**; either way, start by attaching the band to your ankle, and the other side to a wall/door.

You can either lift your leg straight out, or you can lift your knee to your chest. For added resistance, you can apply pressure with your hand.

Both of these exercises isolate the hip flexor movement we are targeting which is why they are so effective. They should be mainstays of your strengthening routines.

Squats

There isn't much to say about squats, other than they are the king of lower body development.

With the core activation involved, along with the length of the hip flexor muscles, squats are a powerful tool to develop hip strength. Since the hip flexor is only minorly involved, this is another great exercise to use when you are starting off your [hip flexor strengthening](#).

Routine

The goal is to do strengthening 2-3 times a week, starting slow, and building up to a solid workout routine. Start by picking one or two exercises and doing 1-2 sets to the point where the muscle group feels fatigued, this amount will be different for everyone, and you should not be going to failure ever.

Try to build up to a routine of three of the above exercises where you are able to do a controlled 20 repetitions for 3 sets, I suggest using a 30-second rest interval in-between sets.

Information is power; you owe it to yourself and your body's health to understand your injuries. If you are able to understand injuries, you can diagnose them faster, treat them better, and recover to the highest possible levels.

[Learn my most recommended method to unlock your Hip flexors.](#)

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